

FRONT & CENTER

JUNE 2010

ENFIELD SENIOR CENTER NEWS AND ACTIVITIES

Cancer Survivor Day

Sunday, June 6 • 4 to 7 pm

Phoenix Community Cancer Center

Free with registration

Cancer survivors and their families are invited to the 10th Annual Survivor Day Celebration with dinner, music, and entertainment. RSVP is required by May 24. Please call 860-272-2993.

Entertainment by

Bob Gianotti

Thursday, June 10 • 1 pm

\$2 per person

Sponsored by Health Net

Bob plays the flute and guitar and sings. Join this multi-talented performer for an entertaining afternoon.

**Special
Savings
Offers &
Discounts
Inside**



A Woman's Work is Never Done!

An Afternoon Tea

Friday, June 4 • 2 pm

\$5 per person

Enjoy a spot of tea with savory and sweet treats and sit back and enjoy a presentation featuring over 100 kitchen tools and household helpers used from 1900 to 1940. The items range from flat irons to curtain stretchers. The gadgets are antiques today, but many of you will remember seeing them used by your mothers and grandmothers.

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- Medication Reminders
- Live-in Care
- Lifeline
- Personal Care Services:
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 - Incontinence Care
 - Many Others

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The Friends of the Enfield Senior Center Annual Appeal

The Friends of the Enfield Senior Center held a successful fundraising drive last year and now it is time to make this an annual appeal to the users of the Center and the community.

Last year we asked a donation of **\$10 for each person**. We raised an amazing **\$12,000**. Please consider a contribution this year. We do not charge a membership fee and provide many ongoing support groups, social activities, free tax assistance, Medicare counseling, medical services and much more. There are so many services, including a newsletter mailed to Enfield residents at no charge. Thank you for your outpouring of support last year. It felt so good to have you on our side. If you can afford to make a contribution, we would appreciate it.

NAME: (As you would like it to appear in acknowledgement)
Please print:

DONATION:

\$10 Per Person \$ _____
\$20 Per Couple \$ _____
Additional Amount \$ _____

Your tax deductible check should be made out to
Friends of the Enfield Senior Center.
Thank you for your generosity.

Friends of the Enfield Senior Center (FOESC)
299 Elm Street, Enfield, CT 06082

ENFIELD SENIOR CENTER

299 Elm Street, Enfield, CT 06082

PHONE: 860-763-7425 • FAX 860-763-7429

E-MAIL: SeniorCenter@enfield.org

WEBSITE: www.enfield-ct.gov • Scroll down to Senior Center

HOURS: Office opens at 8:30 am

Monday -Thursday 8 am to 8 pm • Friday 8 am to 5 pm

SENIOR COMMUNITY CAFÉ..... 860-763-7428

For lunch reservations call by noon the day before and leave a message

SENIOR CENTER PHONE LIST:

Main Office 860-763-7425
Craft Room..... 860-763-7437
Fitness Room..... 860-272-3554
Game Room..... 860-272-3541
Meals on Wheels 860-763-0400
SeniorNet Computer Learning Center 860-763-7425
Trips..... 860-763-7438

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A Unit of The National Council on the Aging



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860-394-2001 **www.costco.com**

Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door.

3

First sign up day for July-August classes:

R **Friday, June 11**
Starting at 8:30 am

NR **Friday, June 18**
Starting at 8:30 am

A Woman's Work is Never Done!

An Afternoon Tea

Friday, June 4 • 2 pm
\$5 per person

Enjoy a spot of tea with savory and sweet treats and sit back and enjoy a presentation featuring over 100 kitchen tools and household helpers used from 1900 to 1940. The



items range from flat irons to curtain stretchers. The gadgets are antiques today, but many of you will remember seeing them used by your mothers and grandmothers.



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Thursday, June 10 • 1 pm

\$2 per person

Sponsored by Health Net

Bob plays the flute and guitar and sings. Join this multi-talented performer for an entertaining afternoon.

Afternoon Dance

Friday, June 18 • 2 pm

\$3 at the door

Dance the afternoon away to the lively music of Rich Mitnick. A snack is provided.



Volunteer Appreciation

Friday, June 25 • 5 pm

By Invitation Only

We want to "show" off our volunteers in a Show Tune themed appreciation. "Guys and Dolls" are invited for "Some Enchanted Evening." Because of you, "Everything's Coming Up Roses" so "Put on a Happy Face." If you have not received your invitation before June 19, let us know. We don't want to miss any of our volunteers.

Opera Talk

Wednesday, June 30 4 p.m.

Free

Almost everyone has heard of Giuseppe Verdi and knows some of his famous opera melodies. Verdi wrote 28 operas, many of them unknown to American audiences. Join Michael Cascia, as he showcases some of the early Verdi opera music and arias and talks about some exciting new operas. Please register in the Senior Center office.

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4 Jaunts & Journeys

All Enfield Senior Center trips include a professional tour company escort, driver and escort gratuities, meals and admissions as shown on the itinerary. Payment is by check only please, made out to the appropriate tour company. Unless a sign up date is listed, you may sign up in the office, as spaces remain. Stop by for trip flyers with more detailed information.

June 3 – Newport Dinner Train & Harbor Cruise – This trip is full. You may add your name to the waiting list.

June 15 - Learn at Lunch – Stonewall Kitchen in York, Maine – Experience a fun, state-of-the-art classroom where cooking professionals from across the nation come to share and demonstrate their talents. Best of all, you get to eat the results, one course at a time! Enjoy some time at the Kittery Outlets. *\$85 per person. Sign up in the office, as spaces remain.*

June 24 – Gloucester & Rockport with Lobster – This trip is full. You may add your name to the waiting list.

June 25 - 27 - 3-Day 1,000 Islands Castles & Sunsets –



Stay at the 4-Diamond Riveredge Resort, overlooking the St. Lawrence Seaway and Alexandria Bay. Visit Singer and Boldt Castles,

join a narrated cruise and a walking tour of a river port town. Along the way home, see the quaint town of Cooperstown and visit the Baseball Hall of Fame. Includes 3 meals, lodging, room tax and baggage handling, cruise, tour and admissions as listed. *Cost is \$519 double, \$489 triple and \$699 single. Sign up in the office as spaces remain.*

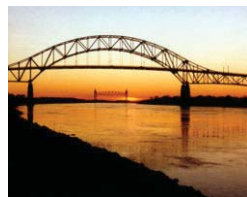
July 8 – Lake George Luncheon Cruise – Board the Lac du Saint



Sacramento for a 2 ½-hour cruise with magnificent scenery and entertainment presented in a delightful mix

of music and narration. Enjoy the Captain's Lunch Buffet in the elegant dining room. You'll have time to enjoy the Lake George Village before heading for home. *Cost is \$80 per person. Sign up date is Thursday, May 20 from 10 – 11 am and after in the office as spaces remain.*

August 15 – Cape Cod Canal Dixieland Jazz Cruise –



Begin your getaway with lunch at the Beachmoor, overlooking Buttermilk Bay. Then have a

swinging time aboard the Viking, listening to your Dixieland favorites played by The Bourbon Street Paradisers. This 3-hour cruise departs from the Victorian village of Onset and ends at the Sandwich Yacht Basin, with interesting sights along the way. *Cost is \$90 per person. Sign up date is Thursday, June 10 from 10 – 11 am and after in the office as spaces remain.*



August 28 – Thar She Blows! – Boston Whale Watch – The morning offers time on your own to explore

Freedom Trail landmarks, Newbury Street or Quincy Market and have lunch. In the afternoon, take a 3-hour excursion aboard a high-speed catamaran to Stellwagen Bank, feeding ground of Humpback, Finback and Minke whales. Learn about these different types of whales and their behavior patterns from research scientists. The vessel includes a heated main cabin with galley service. *Cost is \$78 per person. Sign up date is Thursday, June 24 from 10 – 11 am and after in the office as spaces remain.*

September 16 – 17 Nantucket Rail & Sail Tour – Trip presentation and sign up on Wednesday, June 30 at 1 pm Flyers are available.

September 30 – October 7 – Swiss Highlights – Your home base is the 5-star Montreux Palace overlooking Lake Geneva for all six nights. Journey to Zermatt, the Matterhorn, Bern, Interlaken, Geneva, Gstaad and Gruyeres. *\$3,229 per person double occupancy, \$3,199 triple or \$3,955 single. You may sign up in the office.*



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Seminars & Meetings

Wednesdays at One
Please register in advance for all seminars in
the Senior Center office or call 763-7425

5

TRIPS CONTINUED...

October 3 – 5 – Vermont Chef's on Parade

– Take your palate on a very tasteful vacation at The Essex, a 4-diamond resort and home to the New England Culinary Institute. Partake in unique experiences like a Chef's Hat Dinner Party with Wine Toast, an Interactive Dessert with the Chef including judging and prizes, a Behind the Door Kitchen Tour, Chef's Demonstration Dinner, Bonfire with S'mores and Sing-a-long, Back Roads Tour of Vermont, free time for shopping and more. What fun! *Cost is \$399 person for double occupancy and \$611 for single. You may sign up in the office.*



November 4 – A Taste of Germany in the Catskills

– Journey to the Northern Catskill Mountains for scenery comparable to the Black Forest Region and enjoy a meal and atmosphere reminiscent of Germany. Upon arrival, a wine and beer tasting along with musical entertainment awaits. The chef will demonstrate Spaetzle making and share his recipe. Lunch is a feast of German specialties including Sauerbraten, Wienerschnitzel and Apple Strudel. Shop at the Catskill Country Store on the way home. *Cost is \$79 per person. Sign up date is Thursday, September 16, 10 – 11 am and after in the office as spaces remain.*

November 18 – Elisabeth von Trapp at the "Kate"

– Delight in the hauntingly clear and lovely voice of the granddaughter of Maria and Baron von Trapp, whose story inspired the Sound of Music. This pre-holiday performance is offered at the new and intimate Katharine Hepburn Cultural Arts Center & Museum in Old Saybrook. Lunch is included at the Riverhouse at Goodspeed Station in Haddam, overlooking the Connecticut River and the Goodspeed Opera House. *Cost is \$99 per person. Sign up date is Thursday, September 30 from 10 – 11 am and after in the office as spaces remain.*

SEMINARS & MEETINGS

Tips from the Enfield Police

Wednesday, June 2 • 1 pm

Ask questions or take home the latest information on preventing scams, keeping your home safe or tips on personal safety.

How to Use Your Cell Phone

Wednesday, June 9 • 1 pm

Presented by Cristina McAuliffe, Area Manager Verizon Wireless Express of Enfield

Learn to use your cell phone on any brand or model more effectively. This presentation will cover various topics like checking voice mail and missed calls, using your phone-book/address book and text messaging. Be sure to bring your cell phone for any questions you may like to have answered.

Herbal Wellness

Wednesday, June 9 • 4 pm

Presented by Visiting Nurse & Health Services
Herbalist Katherine Mashiak will present a beautiful and refreshing look into herbs, teas, plants and flowers, and how they can enhance your world.

Fire Safety

Wednesday, June 16 • 1 pm

Keep yourself safe with prevention tips. Learn about the services the fire departments in Enfield have to offer.

Medicare Part B

Wednesday, June 23 • 1 pm

Presented by Health Net

An informative presentation for people who are turning 65 or getting Medicare Part B for the first time.

Family Training Seminar

A Four-Part Training Program for Caregivers of Individuals with Alzheimer's Disease

Wednesdays, June 16 - July 7 • 6 - 8 pm

June 16 - Overview of Alzheimer's Disease & Research, Alzheimer's Association Programs and Services.

June 23 - Communication Techniques, Identification of Behavioral Challenges, Strategies That Work, Maintaining a Safe and Secure Environment.

June 30 - Family Dynamics: Keeping the Caregiver Healthy, Community Resources

July 7 - Legal and Financial Issues
To register please call 800.356.5502.



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From left to right: Background photo Richard E. Stevens (1921-2002), Sean M. Stevens, Fischer Drew Stevens, Chase Leete Stevens, Richard K. Stevens

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6 AARP, Clubs & Groups

AARP Chapter 1209 Spring Banquet **Thursday, June 17 • Noon**

Grassmere Country Club • Tickets \$15

Monthly Potluck Supper

Thursday, June 3 • 5:30 pm

PRESIDENT:

Arnold Evans 860-749-3145

TRIPS:

Pat Hutcheon 860-741-6536

Rose Reis 860-745-6821

AARP Chapter 3062 Installation

Thursday, June 3 • Noon

Wawal Hall (former Polish Home),

Alden Avenue • Tickets \$21

Call 860-745-6183 for tickets & info

Monthly Potluck Supper

Wednesday, June 9 • 5:30 pm

PRESIDENT:

Ronald Gregory 860-749-7877

TRIPS:

Carol Welsh 860-745-6294

AARP Driver Safety Classes

Enfield Senior Center • 1 - 5 pm

Tuesday & Wednesday, June 29 & 30

Call 860-741-5233 to register

Train Club

Tuesday, June 22 • 6:30 pm

A hobby club for train enthusiasts.

Socialize with others who share your interest in trains.

Armchair Birders

Thursday, June 10 • 6 pm

Exchange feeding tips, get help identifying the birds at your feeder and birds you might see locally, and enjoy the camaraderie of fellow wildlife enthusiasts.

Book Discussion Group

Tuesday, June 15 • 5 pm

The June book is:

Out Stealing Horses, by Per Petterson

Books are placed on reserve at the Enfield Public Library on Middle Road and are available the first week of any given month. Books are to be returned the day after our book discussion meeting.

Coin Club

Monday, June 14 • 2 pm

The Coin Club discusses the popular hobby on the second Monday of every month. No coins are bought or sold. New members are encouraged to stop in.

Current Events Discussion Group

Monday, June 14 & 28 • 2:30 pm

Join our group for lively discussions of world events. A different topic will be covered at every meeting. New members always welcome.

Investment Club

Thursday, June 10 & 24 • 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only.

Enfield Single Seniors

Wednesday, June 16 • 6 pm

Join our group in the Senior Center Dining Room for:

- Socialization • Outings
- Icebreakers • Just plain fun

*For information, call Ben Perreault,
Coordinator 860-745-4261*

French Conversation Group

Tuesday, June 15 • 9:30 am

If you have a French Canadian heritage and would like to parler-vous Francais, join us for a cup of coffee in the Dining Room and meet some new friends.

Goldtones Choral Group

Thursdays • 10 am

Lend your voice to this group. Throughout the year the group entertains at area nursing homes and senior centers. They rehearse all year to present programs appropriate to the season, and conduct an annual concert.

Italian Conversation Group

Fridays • 9:30 am

Talk about Italy, practice your Italian, or just have a cup of coffee with some friendly Italian speakers. *No need to register, just stop by.*

Polish Conversation Group

Thursday, June 17 • 2 pm

If you speak Polish, but don't often get a chance to use it, please join our group to converse with others and enjoy your Polish heritage.

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HOLIDAY
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Bereavement Support

This group, facilitated by trained grief counselors from Home & Community Health Services, Inc., offers support for anyone who has suffered loss. *Call 860-763-7600 to sign up or obtain more information.*

Blood Pressure Screenings Wednesdays • 11 am - Noon

Free blood pressures are taken by Visiting Nurse & Health Services of CT and Home & Community Health Services, Inc. *No appointment needed, just stop in.*



Blood Pressure Screenings - Evenings Wednesday, June 9 • 6 - 7 pm

Stop in for this free service provided by Visiting Nurse & Health Services of CT.

Diabetes Support Group

Thursday, June 10 • 1 - 2 pm
Sponsored by Visiting Nurse & Health Services of CT.

If you or a loved one live with diabetes and are looking for more help from others who share the same problem then please join us. *We meet the second Thursday of every month.*



Foot Care Clinic

Friday, June 11 • 8:30 am - 3 pm
by appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. *Cost is \$28. Home visits available for homebound seniors.*

Foot Care Clinic - Evenings

Wednesday, June 16 • 3:30 - 7:30 pm
by appointment only

This same wonderful service is now available with convenient evening hours. *Cost is \$28.*

Hearing Screening

Friday, June 4 • 12:30 - 3 pm
Call 860-763-7425 for appointment

Free screening performed by the Hear Again Center on the first Friday of every month.

Hearing Loss Support Group

Monday, June 14 • 9:30 am

Many people experience hearing loss, and until you go through it you do not know the profound effect it has on your life. *Please register in the office.*



Lymphedema Support Group

Wednesday, June 16 • 9:30 am
Sponsored by VNA Healthcare

Wendy Nichols of Eastern Rehabilitation Network, facilitates the group offering support and techniques to help manage Lymphedema. *The group meets the third Wednesday of every month.*

Stroke Support Group

Tuesday, June 8 • 10 am

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT. If you have any questions, please call: *Sandie Pino, MSW, LCSW Visiting Nurse & Health Services of CT - 860 872-9163.*

T.O.P.S.

Wednesdays • 1:30 - 3 pm

Take off pounds sensibly. Meet with others for support and strategies for losing weight.



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8 Ongoing Programs at the Enfield Senior Center

PROGRAM	DAY	TIME
ONGOING RECREATION		
Billiards Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Bingo \$150 Early Bird Bonanza, 4 \$100 specials, winner-take-all, weekly progressive game up to \$2000, and free quickie game. All proceeds benefit Senior Center programs & services.	Tuesdays	6:30 pm Doors open 5 pm
Bingo Night Supper You don't have to play Bingo to enjoy our Tuesday night suppers. We have weekly specials for \$4 plus grilled cheese sandwiches, hotdogs, hamburgers, french fries, onion rings & desserts. Ice cream sundaes available during the Bingo game intermission.	Tuesdays	5 to 6 pm
Bridge Drop in for contract bridge.	Thursdays	12:30-3:30 pm
Canasta If it's been awhile since you've played, we'll help refresh your skills for this enjoyable game.	Mondays	10 am - Noon
Cribbage Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	1st & 3rd Mondays	1-3 pm
Fun Bingo An informal game with small cash prizes.	Wednesdays	10:30 - 11:30 am
Mahjong All levels welcome.	Wednesdays	1-3 pm
Pinochle Others will help if you haven't played in awhile.	Wed. / Fri.	12:45 - 4 pm
Setback Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling – Beginner Drop in. Meet new friends. Learn to play.	Mondays	5-7 pm
Wii Bowling-Just for Fun Stay fit, & learn to bowl using the Nintendo Wii! Drop in any time. No registration required.	Wednesdays	5-7 pm
Wii Bowling-Competitive We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm
ONGOING ARTS & CRAFTS – PROGRAMS ARE FREE		
Busy Fingers if you like to knit or crochet, join this group. Create items for the Little Treasures Gift Shop and craft fairs.	Wednesdays	10 am - Noon
Craft Fair Crafters Join our volunteers to make handmade gifts for our gift shop & future craft fairs. All skills and talents are invited-sewers, knitters, painters, crafters, gluers - beginner or advanced.	Mondays	9:30 am - Noon
Embroidery All skill levels of needle workers are welcome to make items for themselves or the Center Gift Shop.	Wednesdays	9-11 am
Heritage Group Crafts people of all skills and interests are welcome to join.	Tuesdays	10 am - Noon
Painting Studio Join other painters for this once-a-month painting studio. The Painting Studio welcomes all who enjoy the inspiration and camaraderie of working with fellow artists, whether it be in oils, acrylics or watercolors. You will need to bring all your supplies, but easels are available.	1st Friday of the month	12:30 - 4 pm
Sassy Sewers Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1 - 3 pm
Woodcarving Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques. All levels welcome.	Tuesdays	9 am - Noon

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Dining Out Around Town

****All offers are valid "any" day of the week during regular business hours unless otherwise noted. Offers cannot be combined with any other offer. One Coupon or Offer with each party or group. Offers expire June 30, 2010 unless otherwise noted.**

9



FREE SANDWICH

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Expires June 30, 2010



Mama Miro's
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\$2 OFF

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\$5.00 OFF

Cannot be combined with any other offer or special. Limit one coupon. Must present coupon. Expires 6/30/10. Dine-in only.

15 Hazard Avenue, Enfield
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BICKFORDS
• GRILLE •

\$5.00 OFF
any purchase of \$20.00 or more.

7 Hazard Avenue, Enfield, CT
860-741-3428

www.bickfordsrestaurants.com

Cannot be combined with any other offer or discount. Offer expires 6/30/10



Acapulcos
Mexican Family Restaurant & Cantina

50% OFF DINNER ENTREE

Buy 1 Entree and Get the 2nd Half Off

Expires 6/30/10**

61 Palomba Drive • 860-763-5000



ZANTO
PIZZA • SALADS • SANDWICHES

634 Enfield Street

\$5.00 OFF Any Purchase

\$8 minimum purchase

FREE DELIVERY

860-741-7778

Offer valid everyday thru 6/30/2010

Sofia's
ITALIAN RESTAURANT

10% OFF

SENIOR CITIZEN DISCOUNT

Junction of Rt. 5 & 140
East Windsor, CT 06088
860-623-9477

www.sofiasrestaurant.com

Offer good for seniors only

Cannot be combined with any other offer

Dine-In-Only

Offer expires 6/30/10

LARGE 1 TOPPING PIZZA

\$6.99

Pick-up or Delivery

54 Hazard Avenue, Enfield • We Deliver

860-741-3016

DEEP DISH EXTRA

Offer Valid Sunday - Saturday

Expires 6/30/10

Hacienda del Sol
MEXICAN RESTAURANT

15% OFF
LUNCH OR DINNER

1 coupon per customer. Not to be combined with any other coupon or offers

1541 King Street • Enfield, CT

Open - Sun-Thurs: 11-10, Fri-Sat 11-11

860-265-7940

1/2 Price Lunch or Dinner

Buy any lunch or dinner entree at the regular price and receive the 2nd lunch or dinner entree at 1/2 price

Dine-In Only • Higher price prevails

Expires 6/30/2010



Mama Miro's
Pizzeria Restaurant

117 Hazard Avenue, Enfield
M-Th 11am - 10pm • F-Sat 11am - 11pm

THE COUNTRY DINER

Senior Discount

\$1.50 OFF

Your Check of \$6.00 or more,

\$3.00 OFF

Your check of \$12.00 or more

One coupon per bill/Cannot be combined with other offers. Expires 6/30/2010

111 HAZARD AVENUE, ENFIELD

Sorrento's II PIZZA

Pizza's/Subs/Salads

860-698-6400

FREE DELIVERY!



321 Hazard Avenue • Enfield



Sorrento's II PIZZA

Large Cheese Pizza + 2 Liter Soda

\$9.95 plus tax

Offers cannot be combined with any other offers or specials. Please mention Coupon When Ordering.

Sorrento's II PIZZA

Large 1 Topping Pizza + 10 Buffalo Wings + 2 Liter Soda

\$18.95 Plus tax

Offers cannot be combined with any other offers or specials. Please mention Coupon When Ordering.

Sorrento's II PIZZA

\$2.00 Off Any Large Pizza

Offers cannot be combined with any other offers or specials. Please mention Coupon When Ordering.

10 Programs & Services



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

AARP Senior Safe Driving

Class dates announced in area newspapers
Trained AARP volunteers conduct classroom driver training for anyone 55 or older. Auto insurance companies offer discounts to those who take this course.

Community Café

Weekdays at 12:00 pm in Senior Center Dining Room for those 60 yrs. and older
Reservations: Call 860-763-7428 by noon the day before & leave message
Menus available in the lobby and on our website. Suggested donation is \$2.

Dept. of Social Services Assistance

5 No. Main Street, Enfield • 860-253-9024

An eligibility services supervisor is now located at the Mary Lou Strom Primary Care Center in Enfield on Mondays from 8:30 am to 4 pm to offer help with all state assistance programs. Call for an appointment.

Dial-a-Ride

Enfield Senior Center • 860-272-3545
Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Little Treasures Gift Shop

Open during Senior Center hours
Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and treasures.

Enfield Adult Day Center

1A Beech Road, Enfield • 860-763-7538
As a certified medical model we offer assistance with medication administration, personal care, socialization, exercise, entertainment and hot meals. We staff Certified Nursing Assistants, Registered Nurses, Therapeutic Recreation Director, and a Social Worker. Call or visit for more information.

Enfield Housing Authority

110 South Road, Enfield • 860-745-7493
Info about elderly and subsidized housing.

Food Shelf

96 Alden Avenue, Enfield • 860-741-7321
Donations welcomed at the Food Shelf or leave non-perishables at the Senior Center during our regular hours.

Friends of the Enfield Senior Center

A nonprofit 501(c)(3) organization in support of the Enfield Senior Center. They Sponsor the Senior Lifestyle Expo, schedule trips each year, and accept donations and memorials to further the mission of the Senior Center. A very large portion of their funds is generated by the Tuesday evening Bingo game and donations are used to purchase needed items for the Center.

ITNNorthCentralConnecticut
Tuesdays • 3 - 4:30 pm
860-758-7833

Learn about alternative transportation for seniors and visually impaired adults.

Loaves and Fishes Soup Kitchen

St. Andrew's Church, 28 Prospect St
860-741-0226

Free meals served Sunday to Friday, 4 - 5 pm, and Saturday 11 am - Noon.
www.enfieldloavesandfishes.com.

Meals on Wheels

Office at Enfield Senior Center
860-763-0400

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays • 9 - 11 am by appointment

Trained CHOICES volunteers offer information about options available with Medicare, supplemental insurance and Part D and assist with filing and processing claims.

Neighborhood Services

100 High Street, Enfield • 860-253-6396
Help with all entitlement programs.

Social Security Assistance

Thursdays • 10 am - 1 pm
or call 1-800-772-1213

A Social Security representative conducts office hours at the Senior Center to handle all Social Security problems. You may also call their toll-free number between 7 am and 7 pm.

Do you need help with your loved one?
Are you worried about them being
home alone during the day?

Call the **Enfield Adult Day Center** TODAY!
860-763-7538 • www.enfield-ct.gov
Email: adultdaycenterdirector@enfield.org

Have a safe place to stay during the day • Arts & Crafts
Exercise • Entertainment • Field Trips • Hot Meals & Snacks
Registered Nurse, Certified Nurses Aids & Social Worker on site



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Card Making

Friday • 9:30 - 11:30 am

June 11 & 25 2 classes

R \$6 **NR** \$8

July 23 1 class

R \$3 **NR** \$4

No class July 9

August 27 1 class

R \$3 **NR** \$4

No class August 13

We'll make the following: June 11-Inspiration Cards; June 25-Thank You Cards; July 23-Christmas in July; and August 13-All Occasion cards.

Cards with Valorie

Monday • 6 - 8 pm

June 14 & 28 2 classes

R \$6 **NR** \$8

July 12 & 26 2 classes

R \$6 **NR** \$8

August 9 & 30 2 classes

R \$6 **NR** \$8

Join us to create handmade greeting cards using rubber stamps and embellishments. There is a special project for each class and you will complete four cards with envelopes in each class. *Supply cost of \$4 per class payable to instructor.*

Jewelry - Mornings

Friday • 9:30 - 11:30 am

June 18, July 16 & August 20

Each class **R** \$3 **NR** \$4

Jewelry - Evenings

Thursday • 5:30 - 7:30 pm

June 17, July 15 & August 19

Each class **R** \$3 **NR** \$4

You may register for individual classes. Make a bracelet, necklace or earrings, or restore a cherished piece of jewelry. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads.

**SAVE
THE
DATE**

Jewelry Workshop

Thursday • 1:30 - 7:30 pm

July 15 1 class

R \$8 **NR** \$9

Join us for a 6-hour workshop devoted just to making jewelry. Spend the afternoon and evening relaxing and crafting beautiful one-of-a-kind jewelry pieces to give as gifts or to treat yourself. The price of this all-day workshop in

Ceramics

Thursdays • 9 am - Noon

June 3 - 24 4 classes

R \$12 **NR** \$16

No classes July & August



Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware & firing extra. Includes pizza and beverage for dinner.

Make It & Take It Scrapbook Page

Tuesday • 1:30 - 3:30 pm

June 15, July 20 & August 17

Each class **R** \$3 **NR** \$4

You may register for individual classes

Create pages to showcase special photos.

Different themes and techniques will be used.

Scrapbook Crop

Tuesdays • 1:30 - 4 pm

June 1 & August 3

No class in July

Each class **R** \$3 **NR** \$4

You may register for individual classes

Organize your photos and get them into your scrapbooks. Join us to share ideas. If you have never scrapbooked before and have photographs in drawers, shoeboxes, magnetic albums and closets, join us to learn how to preserve and enjoy all those memories.

Summer Scrapbook & Card Making Workshop

Friday, July 30 • 9 am - 3 pm

\$10 per person

This workshop includes continental breakfast, lunch, snacks and beverages. Join us for an all-day scrapbook and card making workshop. Get out of the heat and start scrappin' your backlog of photos or get a start on making your holiday greeting cards. This will be a great day to share ideas and get caught up. Get your ticket early to guarantee a seat, as space is limited. *Tickets available in office.*



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12 Fitness Programs



Residents



Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**

PRIME Fitness Center

Mon to Thurs • 8 am - 8 pm

Friday • 8 am - 4:30 pm

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have.

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule.

\$25 for a month

\$60 for 3 months

\$100 for 6 months

\$150 for a year – Half the cost of a monthly membership!

New Member Package includes:

- One hour individualized program design consultation
- Training on all machines
- Program supervision and supervised workout
- Optional Fitness Assessment

To schedule an appointment with a Fitness Assistant or for an answer to any questions, call (860)272-3554.

Chair Exercises

Mon, Wed & Friday • 11 am - Noon

Free

No Chair Exercises on Friday, June 11

Improve flexibility, coordination & stamina.

Jan's Exercise

Mon. Wed. & Fri. • 9 - 10 am

June 2 - 30

1-day 5 classes

R \$17 **NR** \$22

2-day 10 classes

R \$30 **NR** \$40

3-day 13 classes

R \$36 **NR** \$48

July 2 - 30

1-day 5 classes

R \$17 **NR** \$22

2-day 9 classes

R \$27 **NR** \$36

3-day 12 classes

R \$33 **NR** \$44

August 2 - 27

1-day 4 classes

R \$14 **NR** \$18

2-day 8 classes

R \$24 **NR** \$32

3-day 12 classes

R \$33 **NR** \$44

You have flexibility to attend any day up to the max number you are enrolled.

Evening Line Dance - Beginner

Wednesdays • 7 - 8 pm

July 7 - 28 4 classes

R \$12 **NR** \$16

August 4 - 25 4 classes

R \$12 **NR** \$16

For those who have no or little experience. Learn the basics and beyond.

Introduction to Line Dancing

Thursdays • 4 - 5 pm

July 1 - 29 5 classes

R \$15 **NR** \$20

August 5 - 26 4 classes

R \$12 **NR** \$16

For those who have no experience and would like to learn the very basics.

Line Dancing - Advanced Beginner

Mondays • 2:15 - 3:15 pm

June 7 - 28 4 classes

R \$12 **NR** \$16

July 12 - 26 3 classes

R \$9 **NR** \$12

August 2 - 23 4 classes

R \$12 **NR** \$16

For those who have some experience and would like to learn beyond the basics.

Line Dancing - Intermediate

Mondays • 1 - 2 pm

June 7 - 28 4 classes

R \$12 **NR** \$16

July 12 - 26 3 classes

R \$9 **NR** \$12

August 2 - 23 4 classes

R \$12 **NR** \$16

Come join fellow line dancers to practice together and learn more intricate steps.



Want to Reach Seniors?

ADVERTISE TODAY

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Email: advertise@scccentral.com

Call: 508-361-7000

Senior Center Communications, LLC

Connecting Seniors with Consumer Brands through Senior Center Communications

NEW! Silver Sneakers Muscular Strengthening & Range of Motion
Mondays • 3:30 - 4:30 pm

July 12 - Aug 23 7 classes
R \$21 **NR** \$28

Wednesdays • 10:30 - 12:30 pm

July 7 - Aug 25 8 classes
R \$24 **NR** \$32

No charge for Silver Sneakers members

Increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

NEW! Silver Sneakers YogaStretch
Tuesdays • 12:30 - 1:30 pm

July 6 - Aug 24 8 classes
R \$24 **NR** \$32

No charge for Silver Sneakers members

Move your body through seated and standing yoga poses. Chair support is offered to perform postures designed to increase flexibility, balance and range of movement. Breathing exercises and relaxation will promote stress reduction and mental clarity. No floor work will be done.

Tai Chi - Advanced Beginner
Tuesdays • 8:45 - 9:45 am

July 6 - 27 4 classes
R \$16 **NR** \$20

Aug 3 - 24 4 classes
R \$16 **NR** \$20

For individuals with some experience in Tai Chi and would like to learn beyond the basics.

Simply Stretch & Strengthen with Lynne

Mondays • 10:30 - 11:30 am

July 12 - 26 3 classes
R \$9 **NR** \$12

No class July 5

August 2 - 23 4 classes
R \$12 **NR** \$16

Fridays • 10:30 - 11:30 am

July 2 - 30 5 classes
R \$15 **NR** \$20

August 6 - 27 4 classes
R \$12 **NR** \$16

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor.

Stretch, Roll & Strengthen with Dan
Tuesdays • 10:30 - 11:30 am

July 6 - 27 4 classes
R \$12 **NR** \$16

August 3 - 24 4 classes
R \$12 **NR** \$16

Learn to use the stability ball, hand weights and resistance tubing for an all-over body stimulating exercise session.

Tai Chi - Intermediate
Thursdays • 8:45 - 9:45 am

No classes in July & August

Yoga Gentle

Tuesdays • 11 am - Noon

July 6 - 27 4 classes
R \$12 **NR** \$16

August 3 - 24 4 classes
R \$12 **NR** \$16

An enjoyable series of stretches & movements leave you energized & relaxed.

Yoga Intermediate

Tuesdays • 10 - 11 am

July 6 - 27 4 classes
R \$12 **NR** \$16

August 3 - 24 4 classes
R \$12 **NR** \$16

Learn additional modified sun salutations and advance further in your yoga practice.

Yoga Intermediate - Evenings

Thursdays • 6 - 7 pm

July 1 - 29 5 classes
R \$15 **NR** \$20

August 5 - 26 4 classes
R \$12 **NR** \$16

Learn additional modified sun salutations and advance further in your yoga practice.

Zumba Dance

Wednesdays • 6 - 7 pm

July 7 - 28 4 classes
R \$16 **NR** \$20

August 4 - 25 4 classes
R \$16 **NR** \$20

Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

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- Teeth Whitening
- Immediate Emergency Dental Care

**We'll Give You
a Winning Smile!**



14 SeniorNet Computer Classes

R Residents **NR** Non-Residents

Log on at www.enfield-ct.gov scroll down to **senior center**



Business Cards & Labels

Wednesday • 1 - 3 pm

June 9 1 class

R \$5 **NR** \$6

Instead of scribbling your phone number or e-mail address on a scrap of paper, hand out a nicely printed business card instead. And wouldn't it be handy to have a sheet or two of address labels for your outgoing mail? Using Avery stock, you'll learn to do both in this class and go home with samples of each. Please note that mail merge will not be taught in this workshop. *Prerequisite: Basic Computer Skills, minimal knowledge of Microsoft Word. Knowing how to cut & paste is a plus!*

Computer Animation 101

Wednesdays • 6:30 - 8 pm

Aug 18 - Oct 6 8 classes

R \$24 **NR** \$32

Learn how to create 3-D computer visualizations and animate them. This class is aimed toward those who want to take computer graphics to the next level. *Prerequisite: Introduction to Computer Graphics, Levels 1 or 2 or prior experience with Photoshop Elements, PowerPoint, Adobe PageMaker, Google Picasa, or equivalent applications.*

Computers for the Novice

Thursday • 1 - 3 pm

August 26 1 class

R \$5 **NR** \$6

It's never too late to start! This workshop is designed for the person who is brand new to computers. We'll cover such topics as hardware, software and the keyboard. You'll have hands-on time to experiment, and by the end of this workshop you'll be confident and comfortable in a computer-oriented environment.

Computer Solutions

Friday, June 11 • 1:30 - 3 pm

Free

If you're having a problem with your computer, or have a few questions, stop in the Computer Lab for some one-on-one help from our knowledgeable volunteers. No need to register.

File Management

Thursdays • 1 - 3 pm

June 3 - 24 4 classes

R \$12 **NR** \$16

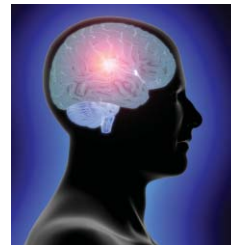
Ever experience the frustration of spending hours to create a document or download pictures, only to have them disappear somewhere in your computer? We'll cover all methods used by Windows to help you organize and track those files & make them accessible. *Prerequisite: Beyond Basic Computer Skills or equivalent computer experience*

Fun & Fitness for the Brain

Tuesdays • 1 - 3 pm

July 13 - Aug 3 4 classes

R \$12 **NR** \$16



Mental, as well as physical exercise, keeps the brain active. Just as we vary physical workouts, we also need to try new and different mental exercises.

This class will show you hundreds of different activities that are not only fun to do, but also help keep our brains fit.

Prerequisite: Basic Computer Skills or similar computer experience.

Greeting Card Workshop

Wednesday • 1 - 3 pm

June 16 - 30 3 classes

R \$9 **NR** \$12

Learn to make greeting cards for that special friend or grandchild. Using Print Shop software, learn how to use graphics and text to make your own personalized greeting cards. You'll create cards using the Quick Start layout, and then go on to learn how to customize a Start-From-Scratch layout. You'll make several cards to take home and all supplies are included. *Prerequisite: Beyond Basic Computers or equivalent computer experience.*



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- Homemakers
- Personal Care Attendants
- Local Wellness Clinics & Flu Shots
- Senior Assistant Services

For more information, please call:
1-800-HOMECARE / (1-800-466-3227)
www.vnahealthcare.org



Laptop Café

Thursday, August 12 • 1:30 -3:30 pm
Free

Bring your laptop and your questions. Learn how to connect to wireless internet access in the Senior Center and other buildings and discuss any issues you may have with your laptop computer.

The Ins & Outs of Using Vista

Thursday • 1 - 3 pm

July 15..... 1 class

R \$5 NR \$6



This workshop will explore Microsoft's Vista operating

system and its different features. Individuals who have Vista on their laptop are encouraged to bring their laptops to this class for hands-on time to experiment.

The Ins & Outs of Using Windows 7

Thursday • 1 - 3 pm

July 22..... 1 class

R \$5 NR \$6

This workshop will explore Microsoft's Windows 7 operating system and its different features. Individuals who have Windows 7 on their laptop are encouraged to bring in their laptops for hands-on time to experiment.

Dominoes in the Evening

Thursday, June 17 • 4:30 pm



For our night people, join your friends for an evening of dominoes.

Crazy Whist

Thursday, June 24 • 1 pm

Lots of fun!

Dominoes

Friday, June 25 • 1 pm

Bring your set of dominoes for an enjoyable afternoon.

NEW!

Horseshoes

Mondays, Wednesdays and Fridays • 10 am

Play a friendly game of horseshoes. You don't need to make a commitment to being there every day, it is a drop-in game. If you don't know how to play, someone will teach you. Horseshoes will be provided. *For more information or to sign up, call the Senior Center office*

NEW!

Bocce

Mondays throughout the summer • 1 pm

If you have an extra set of bocce balls, bring them along. *Register in the Senior Center office.*



Movie & Pizza

Monday, June 14 • 5 pm

\$5 per person with dinner

\$2 per person without dinner

Tonight's movie is *Extraordinary Measures*, starring Harrison Ford & Brendan Fraser. Inspired by an incredible true story, the docudrama portrays one father's quest to save his children from succumbing to a rare life-threatening genetic disorder.

Movie & Popcorn

Monday, June 28 • 6 pm

\$2 per person

We'll watch: *Valentine's Day*, starring Julia Roberts, Ashton Kutcher, and an all-star cast of two dozen. A romantic comedy that follows two dozen people as they find and lose love in all its many forms over the course of the title holiday.



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Enfield Senior Center

June Newsletter

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HEAR AGAIN CENTER

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offers or prior purchases.
Offer expires 6/30/10.

HEAR AGAIN CENTER

Best \$600 Off
a pair of S-Series 11 Hearing Aids

Not available with any other discounts,
offers or prior purchases.
Offer expires 6/30/10.